

Don't Give Up On Yourself

Social Psychology

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First Impression

Definition:

The event when one person first encounters another person and forms a mental image of that person by observing the person's action.



First Impression

In the video:

Two girls are walking to class and saw a handsome guy. The first impression is good.

Impression Management

Definition:

The effort to control or influence other people's perceptions.



Impression Management

In the video:

Yi Fung tried to get Winkee's attention by asking some personal question, including her phone number. Winkee also answered the questions which Yi Fung asked, and she also asked Yi Fung some similar questions to know more about him.

Instrumental Aggression

Definition:

Instrumental aggression is behaviour that intends to harm another individual and the goal is "non-injurious" but the acts serve a different purpose. It can be verbal actions.



YOU KNOW THAT DAY, I SAW WINKEE WITH ANOTHER GUY



BECAUSE WE SAW WINKEE.. DATING ANOTHER GUY

Instrumental Aggression

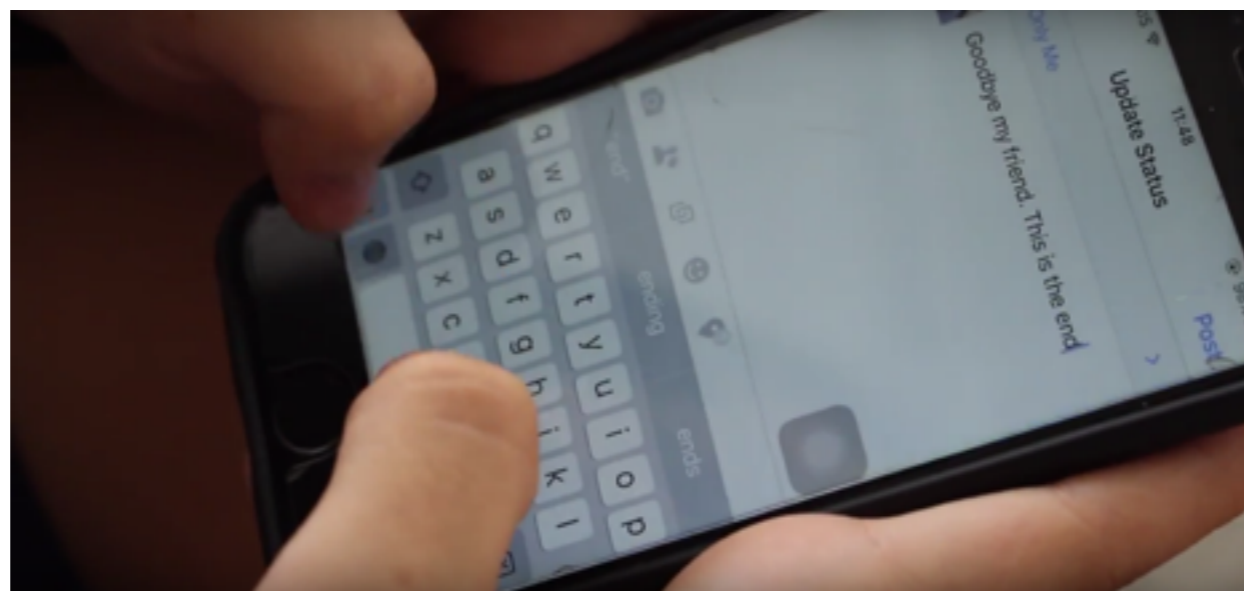
In the video:

Madeline envies Win Kee getting into a relationship, so she started a rumour about Win Kee dating another guy. She spread it among her classmates. It is an indirect verbal aggression.

Counterfactual Thinking

Definition:

Is usually associated with bad/negative events. Cognition always affected the mood. It is because mood is dependent on memory, if we had a sad memory, it may lead to a bad mood and negative thinking. *IF ONLY*



Counterfactual Thinking

In the video:

If Yi Fung doesn't listen to the rumours, he doesn't broken Winkee's heart, and Winkee doesn't have the thinking of suicide.

Help

Definition:

Help refers to voluntary actions intended to help or benefit another individual or group of individuals, such as sharing, comforting, rescuing and helping with reward regarded or disregarded.



Help

In the video:

Seraj helped Winkee, whom wanted to commit suicide, to change her mind by telling her some life lesson. At the end, Winkee also change her mind and become a better person.

Conclusion

Do not Give Up On Yourself
Do not blindly listen to rumours